

FUN AND HEALTHY FOODS FOR LABS

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Foods and Nutrition I and II Core Standards, Objectives, and Indicators include:

Objective: List the nine recommended dietary guidelines and the key recommendations for each.

Additional objectives include food preparation techniques for grain products, protein foods, dairy foods, salad prep, soups & casseroles, yeast breads, fruits & vegetables, and others.

The focus of this presentation is the implementation in foods labs of the 2005 Dietary Guidelines for Americans fourth recommendation which says:

“Food Groups to Encourage

KEY RECOMMENDATIONS

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Key Recommendations for Specific Population Groups

Children and adolescents. Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.”

While foods labs teach food preparation skills, it is also important that they support the 2005 Dietary Guidelines for Americans by incorporating healthy, nutritious, and fun recipes.

A few of the many websites that can serve as a resource for healthy, nutritious, and fun eating are listed below:

www.allrecipes.com
www.healthy.allrecipes.com
www.lofatlifestyle.com
www.prevention.com
www.foodnetwork.com/food/lf_health
www.deliciousdecisions.org/ American Heart Association
www.kraftfoods.com/kf
www.cooks.com
www.copykat.com/
www.foodfit.com
www.meals.com
www.3aday.org
www.dole.com
www.delmonte.com
www.dole5aday.com/CookBook
www.recipesource.com
www.cooksrecipes.com
www.beefitswhatsfordinner.com
www.otherwhitemeat.com
www.mealtime.org
www.wholegrainscouncil.org/recipes.htm
links to lots of other whole grain companies on this one
www.quakeroatmeal.com/kitchen/recipes/index.cfm
www.conagrafoods.com/recipes/index.jsp

The presenters of this session may be contacted at:
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